

OSTEOPOROSIS TRUE OR FALSE

- _____ *Men do not get osteoporosis.*
- _____ *Diet can provide all of the calcium a body needs.*
- _____ *If your grandmother had osteoporosis, you will get it also.*
- _____ *Dairy products are the only source of calcium.*
- _____ *If you have osteoporosis, you can do nothing about it.*
- _____ *Bones stop growing when we reach full height (about age 20)*
- _____ *Susceptibility to fractures can indicate osteoporosis.*

Everyone should consult a physician or health care professional before beginning any exercise program.